THE BOOK OF BREATH

A Guide to the "Breath Inside the Breath"

By Raj Khuti :

Dedicated to the Teachings of Satguru Kabir Saheb

A Letter to the Seeker

My Fellow Traveller,

Within these pages lies more than mere ink or philosophy. You hold a compass whose needle points not to some distant horizon, but precisely to where you are, right now, in this breath. This is a journey, not of miles, but of moments—each one alive with possibility.

My name is **Raj** , a label for this temporary form. For years, I sought meaning at the edge of the world, like the musk deer chasing a fragrance that quietly arose from its own chest. I searched for the Divine above, forgetting the miracle of the breath that rose and fell within me—life itself whispering its presence, the "breath inside the breath."

It was through the grace of my Satguru **His Holiness Panth Shri 1008 Hajur Ardhnam Saheb** and the timeless wisdom of **Kabir Saheb** that I saw the gentle truth: *We are like thirsty fish surrounded by the ocean, never realising the water is already ours.*

The spark for this book was a simple observation: **The breath you just released is already gone, and it never greets the one that follows.** In the silent pause between the two—a space I call the "non-meeting"—hides the secret to everything. There, the tight grip of "I, me, mine" softens, and a vaster "I" begins to breathe.

As you wander through these chapters, I invite you into a gentle practice. Try these three approaches as you read, or as your own breath inspires:

1. **Be the Guest:** Imagine yourself as a cherished visitor in this world. Even the breath in your lungs is on loan. Move through these pages—and your day—with the grace and gratitude of someone invited to a beautiful home.
2. **Be the Weaver:** Let these ideas become threads you weave into the fabric of your daily life. Can you find the sacred in the ordinary—while you wash, walk, or work?
3. **Be the Breath:** Whenever you read the word "Breath," pause. Take a gentle, mindful breath. Notice the stillness before and after. Each breath is a quiet greeting to yourself and the universe.

We are all threads in the same vast tapestry. If this book helps you find even one moment of that "high-energy peace," then the Weaver's work is done. And if you find new metaphors and images along the way, I hope you'll share them—with yourself, or with another seeker beside you.

In the name of Satya Naam ,

Raj Khuti

I. The Great Inquiry

Who am I? From our first days, we are given a name and a body, yet we are none of these things. The name is like a sticker on a parcel, the body a vessel for the journey. But who, really, is reading these words, feeling this breath?

The Discovery: The air you draw in is a gift from the entire universe; what you breathe out becomes nourishment for trees and life. In this endless giving and receiving, the walls that separate "me" from "everything" melt away. You are not just a drop in the ocean—you are the ocean tasting itself as a drop.

II. The Trinity of Breath

Kabir Saheb, the revered poet-saint, described life as happening on three levels—like a melody with three notes working in harmony:

1. **The Outer Breath:** The physical movement of air in and out of the body—like the wind that moves the trees.
2. **The Inner Breath:** The subtle energy or life force that animates that movement—often called "Spirit" or "Prana."
3. **The Eternal Now:** The timeless awareness in which both breath and energy arise—a presence so quiet, it is sometimes called "the Divine."

III. The Mystery of Shunya—the "Non-Meeting"

Have you noticed? When one breath leaves, it never overlaps the next; there is a space—a pause—between the out-breath and the in-breath. This is called **Shunya** (The Void).

What is Shunya? In Kabir Saheb's teachings, **Shunya** is not emptiness in a negative sense, but a fertile, silent space—the "zero" from which all life springs. It is the quiet between heartbeats, the pause at the turning of the tide, the moment before a new thought arises. In Shunya, the old version of you gently dissolves, and something new has space to be born. This moment is where true transformation begins, for here the burdens of the past and the anxieties of the future fall away, if only for a breath. Kabir Saheb reminds us: to find freedom, we must learn to rest in this gap—the place where nothing is carried forward and everything can begin again.

- **The Lesson:** Each breath gives you the chance to be made anew. Release what no longer serves, and let the next breath arrive unburdened.

IV. The Swing of the Mind and the Pivot Point

Kabir Saheb likened the mind to a swing moving between the conscious and the unconscious—between joy and sorrow, action and rest, inhalation and exhalation. Imagine a garden swing: it glides back and forth, tracing an arc between two poles.

- **The Sway:** Life rolls between opposites, just as the swing rides from one end to the other.
- **The Pivot Point:** But notice: at the very top, where the ropes fasten to the branch, there is absolute stillness. No matter how wildly the seat swings, the branch itself is unmoved. This is the **Pivot Point**—the silent, unshakeable centre within you. Even as thoughts and emotions move, you are invited to become aware of this inner anchor. The branch does not "swing"; it supports the motion. In the same way, your deepest self supports the movement of breath, thought, and feeling, while remaining untroubled. Try picturing yourself as this sturdy branch (or whatever metaphor suits you)—present, calm, and quietly holding it all.

V. The Four Pillars of Our Role

As guests in this marvellous universe, Kabir Saheb invites us to take on four sacred roles. Here are some practical ways to embody each:

1. **The Witness (Sakshi):** Notice your thoughts, feelings, and surroundings as if you were watching a play. For example, next time you feel upset, pause and say to yourself, "I am noticing anger," rather than, "I am angry." This small shift helps you experience life without becoming entangled in every drama.
2. **The Weaver:** Turn daily acts into mindful rituals. When you wash dishes, feel the water. When walking, notice the sensation of each step. Let every action be a thread in your sacred tapestry.
3. **The Mirror-Cleaner:** Reflect on your motives and gently wipe away pride or resentment. Try journaling: "What did I do today that came from love, and what came from fear? How can I polish my heart tomorrow?"
4. **The Guest:** Practice gratitude for everything—your breath, your body, the people around you. Imagine returning the "keys" of your day to the universe each night, knowing you own nothing, yet belong to all.

VI. The Poetry of the Panth

The Silent Hello

The first breath leaves, its journey done, A fading star, a setting sun. And then a pause—a hollow space— Before the next takes up its place. They do not meet, they do not greet, Like passing shadows on a street. Because if they should ever touch, The mind would cling and hold too much. The gap is where the Weaver stays, In the quiet seam of all our days.

The Weaver's Secret

My parents called me "Raj," a label for the clay, A name to hold the body as it wanders through the day. But when I sit in silence, and the outer world grows thin, I ask, "Where is the owner of the 'I' that lives within?" I am a Guest within this house, a Witness on the shore, A Stilled and Silent Warrior who needs to fight no more.

VII. Daily Reminders: Practical Steps on the Path

- **The Mantra – Soham (I am That):** Each morning, as you wake, place a hand on your heart and whisper "Soham." As you inhale, think "So" (I am), and as you exhale, "Ham" (That). Let this gentle repetition anchor your awareness in unity with all life.
- **Guided Gap Exercise:** Three times daily, pause whatever you are doing. Focus on your exhalation, then notice the stillness before your next inhale. Linger in this gap for a few seconds. Ask yourself, "Who am I, in this silence?" Feel the gentle emptiness—Shunya—as a doorway rather than a void. Record your reflections in a journal after each practice.
- **Mindful Guest Activity:** Before you enter a room or begin a conversation, pause at the threshold and remind yourself, "I am a guest here." Try to bring curiosity, gratitude, and respect, as you would in someone else's home. Later, journal: Where did I feel most welcome? Where did I offer hospitality, even in small ways?
- **Conflict Practice:** When disagreement or tension arises, silently observe, "Their breath is agitated; I will keep mine steady." Take three breaths, imagining your exhale carrying away tension. Afterwards, write: What changed when I centred myself in breath?
- **Create Your Own Metaphor:** Each week, invent a new image or metaphor for breath or your spiritual experience—a river, a lantern, a doorway, even a melody. How does this image help you meet the pauses and movements of life? Share this in your journal, or with a trusted friend.
- **The Goal – Be the Stilled Warrior:** Aspire to move through the day with a peaceful centre and an open heart—like the branch that holds the swing, steady and kind. Make a list each evening: "Today I was still when... Today I was moved by... Tomorrow, I will return to the Pivot Point."

- **Closing Thought from Kabir Saheb**

"All know that the drop merges into the ocean, but few know that the ocean merges into the drop."

The Last Page: Final Instruction for the Heart

Here is your practice for the noisy world, when the book is closed:

- **The Rule of the Gap – Guided Reflection:** Set an alarm for three times a day—morning, noon, and night. Wherever you are, stop and focus solely on your breath. As you reach the end of an out-breath, do not rush to inhale. In that seam, say silently, "Here, I am not Raj. Here, I simply am." Write what you sensed, even if it is only a word or an image, in your journal. Over time, notice what changes.
- **The Law of the Mirror – Compassion Exercise:** When someone frustrates you, look not at their words or face, but at their breathing. Imagine both your breaths rising and falling together, moved by the same invisible Weaver. Whisper, "The same thread pulls us both." Afterwards, write: Did my view shift? Did I feel more understanding—even a little?
- **The Grace of the Guest – Nightly Surrender:** At bedtime, visualise yourself handing the "keys" of your body, name, and home back to the universe—like a guest returning borrowed treasures. Thank the day, and surrender into sleep as if returning to the swing's "unconscious" pole, trusting that the Pivot Point—the deepest part of you—remains unmoved.
- **Metaphor Making – Invitation to Creativity:** Once a week, try writing a poem, sketching a drawing, or simply reflecting on a new metaphor for your breath or journey. Is your spiritual life a garden, a lantern, a journey, a song? How does this help you meet life's pauses and sways? Invite friends or fellow seekers to share their images, creating a living tapestry of understanding.

These are not meant as rules, but as invitations. The journey is yours to walk, and the metaphors are yours to discover. May you find the "Breath inside the Breath" and rest, even for a moment, in the gentle space of Shunya where all transformation quietly begins.

DEDICATION

To the Satguru: The Bridge to the Breath

This book is dedicated in gratitude to all those who have shown the way, especially my Satguru **His Holiness Panth Shri 1008 Hajur Ardhnam Saheb**. In Kabir Panth, the Guru is not simply a person, but the living presence of the *Shabd*—the eternal word or sound—who reflects our true self back to us. Through the Guru's grace, the mysterious "breath inside the breath" becomes not a puzzle to solve, but a reality to be lived and shared.

To all seekers: may you remember that the ocean is already within; you are invited to dive in, again and again, with every breath.

THE LINEAGE OF LIGHT

From Kabir Saheb to the Present

The wisdom in these pages is like a river—flowing for over 600 years, from Kabir Saheb through countless teachers and seekers. In our tradition, this is called **Ansh** (Spiritual Succession): every teacher is a lamp lighting another lamp, the same flame passed on, never diminished. You are not reading a history, but becoming part of a living story.

1. The Root: Kabir Saheb (1398–1518)

Kabir Saheb, the source of these teachings, refused to be limited by any temple or mosque. He taught that the highest truth is formless (**Nirguna**), and that the only true scripture is the breath itself.

2. The Great Branches

After Kabir Saheb, his Light was carried on by his closest disciples, forming the many branches (*Gaddi*) of the tradition—much like a mighty tree sprouting new limbs, each offering shade and wisdom to those who rest beneath it.

- **Dhani Dharmdas Saheb:** Promised 42 generations of spiritual heirs, this line reminds us that the family of spirit is as real as that of blood. Both the "Vansh" (family) and "Ansh" (spirit) move together.

3. The Living Light

The lineage is not a dusty record, but a pulse, alive in the present. As a disciple of His Holiness **Panth Shri 1008 Hajur Ardhnam Saheb** (17th name on generations), you join a living chain of "Breaths." The same energy that awakened Kabir Saheb is with you now—always present, always new.

THE ETERNAL SUCCESSION

Stage	The Symbol	The Meaning
The Seed	Kabir Saheb	The Truth is planted in the world.
The Tree	The Lineage (Gaddi)	The wisdom grows and offers shade to seekers.
The Fruit	The Disciple (Raj)	The Truth is realised in an individual life.
The Essence	The Breath	The cycle completes; the drop merges with the ocean.

A Final Thought on Lineage

Kabir Saheb said: the Guru-disciple bond is like one lamp lighting another. There is no old flame or new flame—only the ever-present Light, shining out in a thousand forms. By practising the "breath inside the breath," you are not simply a student of tradition, but a living part of a centuries-old river of light.

The Prayer of the Stilled Warrior

O Satguru, Light of the Formless, You are the Weaver of the Universe, the Master of the Loom. I offer this name, "Raj," and this body of clay back into Your hands. Forgive me my wanderings, like the musk deer searching for its own scent, forgetting You bloom within my chest.

In this sacred moment, I surrender: My inhale of wishes, my exhale of worries. The "I" that must win, the "me" that fears losing. Teach me to rest in the silent gap—Shunya—where the breaths do not meet, for there I find Your eternal Hello.

May my life be a Living Satsang: May my hands weave kindness into everyday tasks; may my eyes see the "sun" behind the muddy water of every soul I meet. Let my heart become a mirror, wiped clean of ego's dust, reflecting only the Light that was never born and will never die.

O Supreme Being, the Breath of all Breaths, Keep me steady on the Swing, anchored at the Pivot Point of Your Grace. May I walk as a Guest, serve as a Witness, and live as the Ocean. The drop has returned; the sea has been found.

Satya Naam. Satya Naam. Satya Naam.

IX. ABOUT THE AUTHOR

Raj Khuti walks the path of Kabir Panth, under the living guidance of **His Holiness Panth Shri 1008 Hajur Ardhnam Saheb**.

Rather than calling himself an author, Raj is a "Weaver's apprentice"—learning to interlace the timeless wisdom of the Sants into modern life. His journey is not defined by a destination, but by the rhythm of breath—a constant reminder that the Divine is not elsewhere, but alive in the chest, now. Through these words, he welcomes all fellow travellers: let us stop searching for the ocean, and realise we are already swimming within its depths.

X. BACK COVER SUMMARY

"The breath you just took has left, and it did not say 'hello' to the one that follows."

Raj explores the "silent seam"—the fertile pause at the heart of our existence. *The Book of Breath* is a collection of meditations, poetry, and practical wisdom, inspired by the legend of Kabir Saheb, the Weaver-Saint. Whether you are a lifelong devotee or a curious newcomer, these pages offer accessible guidance, gentle metaphors, and actionable steps for finding stillness, cleaning the mirror of your mind, and living as a guest of the universe. Each breath is a beginning. The journey, and its metaphors, are yours to create.

"The drop has returned; the sea has been found."

XI. THE FINAL COLOPHON (Back Page Bottom)

Printed in Remembrance of the Satya Naam. All glory to the Satguru. May all beings be breathed by Grace.

Glossary of Terms

The following glossary offers brief explanations of key terms, phrases, and metaphors used throughout *The Book of Breath*. Whether you are new to these teachings or revisiting them, may these definitions support your journey.

Term	Definition
Ansh	The spiritual succession; the living chain of teachers and seekers in the Kabir Panth tradition, like lamps lighting one another.
Breath Inside the Breath	A phrase pointing to the subtle presence of life and consciousness that animates each breath, beyond the physical act of breathing.
Gaddi	The seat or branch of spiritual authority, representing the continuation of Kabir Saheb's teachings through different lineages.
Guest	A metaphor for our temporary presence in the world, inviting humility, gratitude, and respect for all that is borrowed from the universe.
Kabir Saheb	The 15th-century poet-saint and originator of the Kabir Panth, whose teachings emphasise formless truth and the sacredness of breath.
Mirror-Cleaner	One who reflects on and purifies their motives and heart, clearing away pride or resentment to better reflect the divine light.
Nirguna	Literally "without qualities"; refers to the formless, attributeless aspect of the Divine, beyond description or image.
Panth Shri 1008 Hajur Ardhnam Saheb	A revered living teacher in the Kabir Panth, whose guidance and presence continue the lineage of Kabir Saheb's wisdom.
Pivot Point	The still centre within, likened to the branch from which a swing hangs; a symbol of inner stability amidst the swings of mind and life.
Prana	The subtle life force or energy that animates the body; often equated with "Spirit" in the text.
Sakshi	The Witness; the part of one's consciousness that observes thoughts, feelings, and experiences without attachment or judgement.
Satguru	The true spiritual teacher or guide who leads seekers from darkness to light, often regarded as the embodiment of the formless truth.
Satya Naam	"True Name"; a central mantra in Kabir Panth, signifying the eternal, unchanging reality that underlies all existence.
Shabd	The eternal Word or Sound; considered the living presence of the Guru and the creative force of the universe.
Shunya	The Void or gap; the silent space between breaths, heartbeats, or thoughts, seen as fertile ground for transformation and renewal.
Soham	A Sanskrit mantra meaning "I am That"; used in meditative practice to affirm unity with all life.
Weaver	A central metaphor for both Kabir Saheb and the seeker, describing the act of integrating spiritual insight into everyday life, weaving the sacred into the ordinary.